

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.



# NUTRITION

For exchange of information on nutrition education and school lunch activities.

# COMMITTEES

MARCH 1953

WASHINGTON, D.C.

# NEWS

## CHILDREN — CONCERN OF NUTRITION COMMITTEES

Child nutrition continues as a major interest of nutrition committees. For example, the *South Carolina* Nutrition Committee, since its organization in 1940, has given attention to finding out the needs of children in the State and helping to meet them. It places special emphasis on—

- Educational work to encourage improvement and expansion of the State-supported school lunch program.
- College workshops and training schools for school lunch workers, elementary and high school teachers, and school administrators to get nutrition integrated into the total school program. (Nov.-Dec. 1952 NCN)
- Cooperative planning by agencies reaching families with children in order to do a more effective job in nutrition education—for example, by giving food demonstrations at maternal and child health clinics and to welfare groups.
- Promotion of studies of nutritional status and diets of infants, preschool, and school children as a way of finding out their needs.
- State-wide publicity and programs to make the public aware of specific nutritional needs of children and show how to meet these needs better in a community.

The *Maine* Nutrition Committee tries to get before local groups problems handicapping the school lunch program that involve local responsibility and action. Findings from studies of nutritional status of school children made by Dr. Mary Clayton of the Maine Experiment Station are being used to arouse people to children's needs for better diets. This 5-year study is described in *Remodeling the School Lunch for the Teen-ager* (See Materials). Extension workers, public health nurses, Parent-Teacher Association members, and teachers receive information so that they might lead local study groups and aid communities in finding solutions.

To reach teachers and school personnel as well as parents and community leaders, the committee wrote to officers of county teachers' associations in Maine offering to send speakers to group meetings to discuss findings from the studies and to answer questions about the school lunch program. The Committee also offered to supply bulletins and films. In addition it supplied forms for food diaries

and for their evaluation to schools that wished to study children's eating habits.

Tentative plans for a bulletin for teachers on health education include a section on nutrition prepared by the Nutrition Committee. The section will cover nutrition problems in Maine and suggestions for dealing with these problems at various grade levels.

The Committee plans also to prepare a flyer showing how school lunches can help meet the special food needs of growing children. It also made formal offer of its services to the PTA.

A committee on Nutritional Problems in Nursery Schools and Day Care Centers was established by the Food and Nutrition Section of the Welfare and Health Council of *New York City* at the request of several agencies for the purpose of preparing a guidebook on food and nutrition to aid the operators of such schools and centers. Its membership includes representatives from the New York Tuberculosis and Health Association, Departments of Health and Welfare, and various organizations working directly with day nurseries.

The *Texas* Nutrition Council is preparing a meal plan-

### May Day — Child Health Day

For the 1953 observance of Child Health Day on May 1 the Children's Bureau invites the Nation to use the theme "A Healthy Personality for Your Child." The Children's Bureau will make every effort to reach parents, parent groups, and others who deal with children with its publication of this title and encourage its discussion wherever possible. The publication is a popularized version of the stages of emotional growth of children contained in the report of the Fact Finding Committee for the 1950 White House Conference on Children and Youth. To help parent groups in using this booklet, the Children's Bureau has published a Discussion Aid also (See New Materials).



ning guide for untrained persons who are responsible for food of children in institutions.

The *Nevada* Nutrition Council is working actively on one of its long-time goals—to make nutrition a required course for all teachers in training and to include nutrition courses in all health curriculums. The committee advocates also the extension of the school lunch program to all schools in the State as soon as they have facilities, and correlation of nutrition activities with those concerning the school lunch, with work of the school nurse, and with other health activities in classrooms and the community.

Some committees are cooperating with other groups in carrying out recommendations of the White House Conference. In *Nevada* the State Committee on Children and Youth is represented on the Nevada Nutrition Council. In *Ohio*, on the other hand, a member of the State Nutrition Committee served on the Ohio Commission on Children and Youth and other members served as resource people to several subcommittees. The Ohio Commission was dissolved last summer. A voluntary State committee composed of representatives of State Departments of Health, Welfare, Education, and Industrial Relations, with which the Ohio State Nutrition Committee has offered to cooperate will continue to work.

Member agencies of the *Washington* State Nutrition Committee are engaged in many activities to improve nutrition of children. For example, the Washington State Dietetic Association, cooperating with the American Dietetic Association, obtained information on the extent to which selected hospitals in the State are feeding children in groups rather than alone . . . the University of Washington held a nutrition workshop for elementary teachers . . . an advisory committee of representatives of schools, Extension Service, and Dairy Council, organized by the State Department of Health, is planning to ascertain the results of nutrition education in the public schools . . . the Dairy Council is conducting a nutrition demonstration in elementary schools by helping teachers with animal feeding experiments and supplying them with materials . . . the Committee is working on a revision of "Good Food" which tells of a nutrition experiment in public schools . . . the State College of Washington is studying nutritional status of 15- and 16-year-old youths who were born and grew up in two counties in Washington, as its part of the Western Regional Cooperative Research Project in Human Nutrition.

## WHITE HOUSE CONFERENCE WORK CONTINUED

The National Midcentury Committee for Children and Youth is planning to disband about July or a little later. The committee was set up to function for only 2 or 3 years,

since it was thought that the huge job of putting White House Conference policies into practice could be achieved by existing organizations that reach every part of the community. Two national advisory councils will continue work in following up the White House Conference recommendations—National Advisory Council on State and Local Action for Children and Youth (Douglas H. MacNeil, secretary, 222 West State Street, Trenton 8, N. J.), and Advisory Council on Participation of National Organizations (Robert E. Bondy, chairman, National Social Welfare Assembly, 1790 Broadway, New York 19, N. Y.).

## STATE NEWS IN BRIEF

**Arkansas.** Widespread use of a leaflet, "Your Teeth and Your Food" (Jan. NCN), prepared and distributed cooperatively by three organizations, is being encouraged by the Arkansas Nutrition Committee. The State Board of Health was in charge of mailing, and made small supplies of the leaflet available in county and local health departments. The Arkansas Dental Association supplied copies to many of its members for use with patients. Through the Joint Committee on School Health schools were encouraged to use this leaflet after consulting with their local dentists.

**New Jersey.** "We feel we have alerted the people of New Jersey to the importance of better breakfasts and adequate nutrition in general," writes Dr. S. W. Kalb, a member of the Medical Society of New Jersey and of the State Nutrition Committee.

The New Jersey Medical Society sponsored a Better Breakfast Week in October, in which 80 organizations took part. County medical societies and auxiliaries were organized first. Committees were set up of dietitians, labor groups, women's groups, Parent-Teacher Associations, Girl and Boy Scouts, welfare societies, dentists, pharmacists, hospitals, nurses, drug manufacturers, and allied professional groups.

Exhibits were displayed in department stores, banks, restaurants, hotels, and industrial plants. Buses carried posters. Over one million pieces of literature were distributed through grocery stores, bakeries, dairies, and schools. Some of the larger agencies stamped their outgoing mail with the slogan "Eat a Better Breakfast." There were poster contests in schools with prizes awarded. The Governor of New Jersey and many mayors of cities issued proclamations. Physicians and nutritionists explained the need for an adequate breakfast to many groups.

In Newark much interest was shown in two sets of rats, one given coffee and doughnuts, and the other cereal and milk. The animals were taken to various schools together with an exhibit of the actual foods they ate and graphs showing the nutritive value of the food.

## KEEPING A NUTRITION COMMITTEE ACTIVE

The question "How can an inactive nutrition committee be reactivated?" opened discussion at a luncheon attended by chairmen of State nutrition committees and members of the Interagency Committee on Nutrition Education and School Lunch during the National Food and Nutrition Institute in Washington last December.

The State chairmen agreed that the vitality of a committee depends on having a planned program of cooperative work with a specific job for each member. A program-of-work committee can assemble local problems wanting attention that have already been pointed out by survey findings and other data. Other problems may need to be identified. By taking an inventory of functions of each member agency, the committee can also determine its resources and its capacity in numbers and competences to cover areas needing attention.

Criteria for membership in nutrition committees vary from those of Georgia which include anyone who pays yearly dues, to that of California which include only representatives of State agencies. The importance of having the committee achieve a reputation for authority was emphasized. It has been found that committees do the best job when they include well-qualified people.

Discussion revealed that committee activities are financed in different ways—through annual dues, registration fees at institutes, contributions from industrial and other groups, or by member agencies among which the chairmanship and responsibility for postage and other expenses rotates.

## CHAIRMEN OF STATE NUTRITION COMMITTEES

A list of active State nutrition committees and their current chairmen is given in this issue to facilitate exchange of information between committees.

The list will be repeated from time to time, perhaps semi-annually. This will replace our former practice of listing every few months chairmen newly elected or re-elected.

*Arkansas.* Allene Stanton, Home Economics Department, Henderson State Teachers College, Arkadelphia

*California.* Lavern Owens, Department of Mental Hygiene, 1320 K Street, Sacramento 14

*Connecticut.* Dr. Ross A. Gortner, Jr., Wesleyan University, Middletown

*Georgia.* Catherine L. Newton, School of Home Economics, University of Georgia, Athens

*Illinois.* Sarah Miner, Department of Home Economics, Western Illinois State College, Macomb

*Chicago, Ill.* Mrs. Gladys E. Collisi, Chicago Nutrition Association, 203 N. Wabash St., Chicago 1

*Indiana.* Una Robinson, Home Economics Department, Indiana University, Bloomington

*Iowa.* L. Beata Raeger, Board of Control, State Institutions, State Office Bldg., Des Moines 19

*Kansas.* Dr. Margaret M. Justin, School of Home Economics; and Georgiana H. Smurthwaite (Cochairman), Extension Service; Kansas State College, Manhattan

*Louisiana.* Evelyn Terrell, School Lunch Section, State Department of Education, Baton Rouge 4

*Maine.* Mary Ross, State Department of Health and Welfare, State House, Augusta

*Maryland.* Eleanor McKnight, Baltimore Department of Health, Baltimore 3

*Massachusetts.* (A subcommittee of the Central Health Council) Elma Seibert, Massachusetts General Hospital, 135 Myrtle Street, Boston 14.

*Michigan.* Mrs. Bert Wermuth, Holly

*Minnesota.* Mrs. Margaret Dayton, Hennepin County Chapter, American Red Cross, 325 Groveland Ave., Minneapolis 4

*Mississippi.* Subcommittee of State Home Economics Association) Mrs. Frances McEvilly, Mississippi Southern College, Hattiesburg

*Missouri.* L. M. Garner, M.D., Division of Health, Department of Public Health and Welfare, Jefferson City.

*Nevada.* Gertrude Hayes, Agricultural Extension Service, University of Nevada, Reno

*New Hampshire.* Franklin Rogers, M.D., 401 North River Road, Manchester

*New Jersey.* Mrs. Lorraine Gates, New Jersey Agricultural Experiment Station, New Brunswick

*New Mexico.* Grace I. Neely, Extension Service, New Mexico State College of Agriculture, State College

*New York State.* G. Dorothy Williams, New York City Department of Health, 125 Worth St., New York 13

*New York City.* (Food Nutrition Division, Health and Welfare Council) Dr. Maurice E. Shils, School of Public Health, Columbia University, 600 W. 168 St., New York 32

*Ohio.* Inez Prudent, School of Home Economics, Ohio State University, Columbus 10

*Oklahoma.* Mary Leidigh, Oklahoma A & M College, Stillwater

*Oregon.* Grace Workman, Oregon Dairy Council, 627 Park Bldg., Portland

*Rhode Island.* Walter Ortner, Executive Secretary, Rhode Island Restaurant Association, 29 Weybosset St., Providence

*South Carolina.* Dr. D. W. Watkins, Extension Service, Clemson Agricultural College, Clemson

*South Dakota.* T. A. Evans, Milk and Food Section, South Dakota Department of Health, Pierre

*Texas.* Dr. Sylvia Cover, Texas Agricultural Experiment Station, College Station

*Utah.* Dr. Elfrieda Brown, Department of Home Economics, University of Utah, Salt Lake City 2

*Vermont.* Marion H. Brown, Department of Homemaking Education, University of Vermont, Burlington

*Virginia.* (Subcommittee of the Virginia Council of Health and Medical Care). W. R. Jordan, M.D., 1631 Monument Ave., Richmond 20

*Washington.* Dr. Velma Phillips, College of Home Economics, State College of Washington, Pullman

*West Virginia.* Mrs. Rachel Ferguson, Bureau of Nutrition, State Department of Health, Charleston 1

*Wyoming.* (Subcommittee on Nutrition of the Wyoming Public Health Association). Mrs. Evangeline J. Smith, Extension Service, University of Wyoming, Laramie

*Puerto Rico.* Dr. Esther Seijo de Zayas, Bureau of Nutrition and Dietetics, Department of Health, P. O. Box 8432, Santurce

*Virgin Islands.* Mrs. Elizabeth Michael, Charlotte Amalie, St. Thomas.



## MATERIALS

*Listing of these materials is for information of readers and does not necessarily mean recommendation. They may be obtained from the addresses given after the name of the publication. The symbol, for example GPO, refers to—*

GPO—Superintendent of Documents, Government Printing Office, Washington 25, D. C.

NUTR—The Nutrition Foundation, Inc., Chrysler Bldg., New York 17, N. Y.

HPI—Health Publications Institute, Inc., 216 N. Dawson Street, Raleigh, N. C.

LET'S TEACH BETTER NUTRITION. 35 mm., color, sound film, 25 min. May be borrowed from Department of Nutrition, Harvard School of Public Health, 695 Huntington Ave., Boston 15, Mass., without charge for one week. May be purchased from Dallas Jones Productions, 1725 North Wells St., Chicago 14, Ill. \$20. A free booklet containing suggestions for using the slide film is sent for each showing of the film.

NUTRITION EDUCATION IN ELEMENTARY AND SECONDARY SCHOOLS. H. S. Lockhart and F. E. Whitehead. Harvard University School of Public Health. 1952. 43 pp., illus. NUTR, \$1.00.

NUTRITION EDUCATION RESOURCES FOR SCHOOLS. H. S. Lockhart. Harvard University School of Public Health. Chart. [1952] NUTR, 25¢.

A BALANCED DIET. L. J. Bowser, M. F. Trulson, F. J. Stare. Harvard School of Public Health. 1952. 24 pp. NUTR, 25¢.

BABY BOOK. (Section 1, methods of baby care; Section 2, specific instructions.) 48 pp. HPI, 25¢ each, \$20 per 100; \$150 per 1,000.

THERAPEUTIC NUTRITION. H. Pollack and S. L. Halpern, with the collaboration of the Committee on Therapeutic Nutrition of the Food and Nutrition Board, National Research Council. NRC Pub. 234. 94 pp. 1952. From Publications Office, National Academy of Sciences, 2100 Constitution Ave., N.W., Washington 25, D. C. \$1.00.

FOR BETTER TEETH. Nevada Nutrition Council. Folder. Illus. From Mrs. Andrew C. Rice, Agriculture Extension Service, University of Nevada, Reno. 5¢.

REMODELING THE SCHOOL LUNCH FOR THE TEEN-AGER. M. M. Clayton and D. E. Ullman. Maine Agricultural Experiment Station Bul. 475. 24 pp., illus. 1949. From Maine Agr. Exp. Sta., Orono, Me. (Single copies free.)

A HEALTHY PERSONALITY FOR YOUR CHILD. Children's Bureau Pub. 337. 1952. 23 pp., illus. GPO, 15¢

DISCUSSION AID FOR "A HEALTHY PERSONALITY FOR YOUR CHILD." Children's Bureau Pub. 338. 1952. 16 pp., illus. GPO, 10¢.

FOOD FOR LITTLE FOLKS. Folder. From Nutrition Division, Pennsylvania Department of Health, 513 South Office Bldg., Harrisburg, Pa. Single copies free to professional workers.

FOOD VALUE CHARTS. Nutrition Division, Pennsylvania Department of Health. 12 charts, 8½ x 11. [1952.] From Fife-Hamill Memorial Health Center, 7th and Delancey Sts., Philadelphia 6, Pa. \$1.35 per set.

RECOMMENDED MINIMUM AND PREFERRED STANDARDS FOR AGENCIES GIVING DAY CARE TO CHILDREN UNDER SEVEN YEARS OF AGE. Sponsored by Associated Day Care Services of Metropolitan Boston, Massachusetts Departments of Education, Mental Health, Public Health, and Public Welfare, and United Community Services of Metropolitan Boston. May, 1952. 26 pp. From Massachusetts Department of Public Health, Division of Maternal and Child Health, 88 Broad St., Boston 33, Mass.

FOOD BUDGETS FOR CHILDREN IN FOSTER CARE. PART II. IN RESIDENTIAL INSTITUTIONS AND SPECIAL SCHOOLS. 1952. Processed. 15 pp. Division of Maternal and Child Health Kansas State Board of Health, Tenth and Van Buren Sts., Topeka, Kans.

DR. R. R. WILLIAMS—HIS CONTRIBUTION TO MANKIND. 16" record. 331⅓ rpm. 15 min. Frederick March plays part of Dr. Williams. Planned for junior high schools. May be borrowed for 2 weeks without charge except for return postage. From Script and Transcription Exchange, U. S. Office of Education, Washington 25, D. C.

PREVENTIVE ASPECTS OF CHRONIC DISEASE: CONFERENCE PROCEEDINGS. (1951 Conference on Chronic Disease sponsored by the Commission on Chronic Illness, National Health Council, and U. S. Public Health Service.) 312 pp. HPI, \$3.50, cloth; \$2.50, paper.

NATIONAL RESEARCH COUNCIL VIEWPOINT ON FLUORIDATION. Report of Ad Hoc Committee on Fluoridation of Water Supplies, National Research Council. Jour. Amer. Water Works Assoc. Vol. 44, Jan. 1952, pp. 1-9.

STATEMENT BY AMERICAN MEDICAL ASSOCIATION. (Joint Statement on fluoridation of public water supplies by Council on Pharmacy and Chemistry and the Council on Foods and Nutrition of the American Medical Association.) Jour. Amer. Water Works Assoc. Vol. 44, Jan. 1952, p. 9.